Gardens can be great training grounds for fitness.

Add trails for jogging. Build benches for workouts. Use trees and fence posts for stretching. Squatting or lifting while weeding, planting, hauling and digging.

Equipment such as exercise beams and conditioning ladders are inexpensive and simple to make, while portable gear like weighted rollers, jump ropes, dumbbells and Swiss balls can be eased into the routines.

“Raking is like using a rowing machine,” Hagen says.

“Turning a compost pile is similar to lifting weights.

Carry a sprinkling can of water in each hand and you’ve got dumbbells.

Add push-ups, chin-ups, bridging, power lunges and dips to the workouts.

Work ergonomically.

Stress good posture and balance.

